

HAWC TALK

CHOCOLATE: Chalking up the truth, melting the myths

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Nestlé, Godiva, and Hershey's are popular names this time of the year. Valentine boxes filled with assorted chocolates can be a diet disaster, especially if you are prone to bite into each 'mystery-middle' trying to find your favorite. Yes, chocolates of every kind are still one way to someone's heart; is it possible that these luscious temptations have some health benefits? Dispelling the myths that have given chocolate a bad taste in many mouths may have you licking your lips again.

Myth: Chocolate is high in fat, particularly the saturated fats that raise blood cholesterol levels.

Truth: Two-thirds of the fat in chocolate are not harmful. Studies show that not all types of saturated fats raise blood cholesterol levels. Stearic acid, a saturated fat that makes up one-third of the fat in chocolate, does not raise blood cholesterol levels. In addition, oleic acid, a monounsaturated fat also found in olive oil, makes a healthy third of the fat in chocolate, as oleic acid may be beneficial for heart health.

Myth: Chocolate is void of any nutrients except fat and sugar.

Truth: Chocolate is made from cocoa beans, which come from the cocoa tree *Theobroma Cacao*. Chocolate contains many healthy compounds derived from this plant including minerals: copper, iron, zinc and magnesium. Chocolate also contains antioxidants called polyphenols and flavenoids, which may help reduce the risk of heart disease and cancer.

Myth: Chocolate milk is not a good source of calcium.

Truth: While it was once thought that the oxalate in chocolate milk interfered with calcium absorption, research has confirmed that the calcium in chocolate milk is just as well absorbed as that in unflavored milk. In addition, certain brands of chocolate milk may actually provide more calcium than regular milk.

Several manufacturers fortify chocolate milk giving it between 400 and 500 milligrams of calcium in one cup. But remember chocolate milk has more sugar than unflavored milk, so moderate consumption is advised.

Myth: Chocolate is addicting and craving it can lead to excessive weight gain.

Truth: There is no research supporting an addictive nature of chocolate. However, over-consumption of chocolate (like any food) can lead to an imbalanced diet and weight

gain, while severe restriction of any particular food may result in an imbalance affecting mood swings. Like nearly all foods, chocolate is most beneficial when consumed in its most natural, unprocessed state.

When purchasing chocolate, read the label. Avoid chocolates containing hydrogenated oils, artifi-

cial flavors and colors and preservatives, which have a more negative effect on total health. Many imported brands use all-natural ingredients and higher quality and quantity of cocoa solids.

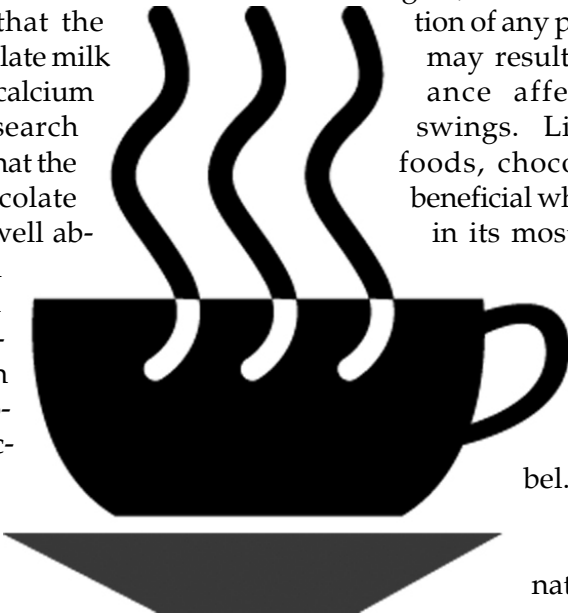
While almost every person experiences food cravings from time to time, small portions can satisfy a biological craving. Calm your chocolate cravings and boost your daily intake of calcium with a small treat such as a mug of all-natural, rich hot cocoa.

Mint Chocolate Delight

- 2 ¼ tsp cocoa powder
- 2 tsp raw cane sugar
- 1 cup milk
- 1 oz semi-sweet chocolate, chopped
- ¼ tsp peppermint extract*

In a heavy saucepan, combine the cocoa powder, sugar, and milk. Simmer over medium heat, whisking until cocoa and sugar dissolve. Add the chopped chocolate and whisk until melted and smooth.

*Optional ingredient: Stir in the peppermint extract. Pour into warmed mug and enjoy. Serves 1, but you can expand it to serve more by multiplying the ingredients.



AFRICAN-AMERICAN HISTORY

Sharing Our Heritage: African-Americans in military and government

RETIRED ARMY BRIG. GEN. SHERIAN G. CADORIA

First African-American woman general
Marksville, La. native, Cadoria, was promoted to brigadier general in 1985 and became the highest-ranking African-American woman in the Women's Army Corps at that time.

She is a graduate of Southern University A&M College and earned a Bachelor of Science Degree in business education. She later earned her Masters Degree in social work from the University of Oklahoma. Cadoria entered the Army in 1961 through a direct commission as 1st lieutenant. During her 29 years of service, she served in a variety of positions until her retirement Nov. 30, 1990.

SOURCE: www.awm.lee.army.mil/Army_Women_Notable/cadoria_sherian.htm



AIR FORCE MAJ. ROBERT H. LAWRENCE JR.

The first African-American astronaut

Lawrence was the first African-American chosen by NASA to be an astronaut. At 21, he became an Air Force aviator upon completion of his training.

Lawrence



completed a Doctorate degree in physical chemistry at Ohio State University in August 1965. He was soon assigned as a research scientist at the Air Force Weapons Laboratory, Kirtland AFB.

As a senior Air Force pilot with more than 2,500 flight hours; Lawrence flew many tests in the Lockheed F-104 Starfighter to investigate the gliding flight of various unpowered spacecraft returning to Earth from orbit, such as the North American X-15 rocket-plane. His research was instrumental in proving the steep-descent gliding concept that would later be employed with the Space Shuttle.

In June 1967 Lawrence successfully completed the Air Force Flight Test Pilot Training School at Edwards AFB, Calif. During that same month, NASA selected him as an astronaut in the Air Force's Manned Orbiting Laboratory (MOL) Program, thus becoming the first African-American astronaut.

Lawrence was killed on Dec. 8, 1967 in the crash of an F-104 at Edwards AFB when he was flying backseat on the mission as the instructor pilot for a flight test trainee learning the steep-descent glide technique.

On Dec. 8, 1997, his achievements, dedication, and sacrifices for the nation were acknowledged when his name was inscribed on the Astronaut Space Mirror Memorial at the Kennedy Space Center in Florida.

SOURCE: observe.arc.nasa.gov/nasa/oowt/1998/oowt_980211/bio_9.html

SERGEANT WILLIAM H. CARNEY

First African-American Medal of Honor recipient, Civil War

Born a slave in Virginia, William H. Carney was the first African-American soldier to receive the Medal of Honor.

He was studying for the ministry when he learned that the first regiment of African-American soldiers, the 54th Massachusetts, was being formed, and decided to enlist. During the 54th Massachusetts' assault on Fort Wagner, the color bearer was mortally wounded, and Carney seized the flag before it fell and carried it throughout the remainder of the battle. While the citation reads that he was twice severely wounded, he actually suffered multiple gunshot wounds in the head, chest, legs and one arm. He carried the flag to safety when the 54th was driven back by a Confederate counterattack.

It is reported that when a soldier from another regiment offered to take the flag to allow Carney to seek medical attention, he replied, "No one but a member of the 54th should carry the colors!"

Upon carrying the flag back into camp after the battle, he received inspiring cheers from other units and modestly replied, characteristically for a Medal of Honor recipient, "I only did my duty."

SOURCES: www.defenselink.mil/specials/africanhistory2002/civilrecip2.html
www.army.mil/cmhp-g/mohciv.htm



EUGENE JACQUES BULLARD

First African-American fighter pilot, World War I

Born in 1894, Georgia native Eugene Jacques Bullard became the first African-American combat pilot through an extraordinary combination of persistence, skill, and fortune.

Bullard was able to fly with the French air service-nearly 25 years before the first pilots of the Tuskegee Airmen graduated from Air Corps pilot training in 1942 at Tuskegee Institute in Alabama. He enlisted in the French Foreign Legion shortly after the beginning of World War I and later transferred to a regular unit in the French army where he was wounded twice and declared disabled. He then applied for pilot training with the French air service and was accepted on the basis of his combat heroism.

During World War I, Bullard became a distinguished fighter pilot flying 20 missions against the Germans and was wounded 3 times before being honorably discharged. After the United States entered the war in 1917, Bullard volunteered his services to the Army Air Service at a time when it barred African-Americans from flying. Bullard was denied the opportunity to fly for his country.

France awarded Bullard numerous medals, including its highest honor—the Legion d'Honneur; the equivalent of the U.S. Medal of Honor.

SOURCES: www.hill.af.mil/museum/history/genebullard.htm
www.af.mil/news/Feb2001/n20010215_0223.shtml

